



Indiana
Department
of
Health

Chronicle of Indiana Cancer Control

Spotlight

November — Lung Cancer Awareness Month

Lung cancer is not a single disease; rather it is a group of cancers that originate in the lung and associated tissues. Lung cancers are divided into three major types: small cell lung cancer (SCLC), non-small lung cancer (NSCLC) and lung carcinoid tumors. Lung cancer accounts for more deaths than any other cancer in men and women.¹

In Indiana during 2021, an estimated 5,960 residents will be diagnosed with cancer of the lung and bronchus and 3,520 will die as a result of this disease.²

1. <https://www.in.gov/health/cdpc/files/Lung-Cancer-Fact-Sheet-2021-final-Taylor.pdf>

2. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2021/cancer-facts-and-figures-2021.pdf>



Lung cancer Risk Factors³

Avoiding risk factors and increasing protective factors may help prevent lung cancer. Risk factors include smoking, being overweight, and not getting enough exercise. Increasing protective factors such as quitting smoking and exercising may also help prevent some cancers.



Risk factors Include:

- Cigarette, cigar, and pipe smoking
- Secondhand smoke
- Family history
- HIV infection
- Environmental risk factors (Radon)
- Beta carotene supplements in heavy smokers

3. <https://www.cancer.gov/types/lung/patient/lung-prevention-pdq#section/all>

Indiana Programs

Tobacco Prevention and Cessation (TPC) at the Indiana Department of Health includes statewide and community-based programs and grants as part of *Indiana's Tobacco Control Program*.

Resources include **Quit Now Indiana** which provides free services and a built-in community of people who want to quit tobacco for life. What's great about the Indiana Tobacco Quitline helps individuals quit at their own pace. With professional help and support so that individuals can quit for good!

The Indiana Tobacco Quitline assists:

- Tobacco users, in any stage of readiness, to quit
- Pregnant smokers
- Smokeless tobacco users
- Former smokers who want relapse prevention support
- Friends and relatives of tobacco users who want to offer support


1.800.QUIT.NOW
Indiana's Tobacco Quitline
QuitNowIndiana.com
1.800.784.8669

The Indiana Tobacco Quit Line Offers:**QUIT COACH®**

You get a personal expert who specializes in helping people quit tobacco. (many are former tobacco users)

TEXT2QUIT®

Text messages allow you to connect with your Quit Coach® and Web Coach® all from your smart phone.

WEB COACH®

Get access to online tools, videos, track your progress and interact with others quitting.

QUITTING AIDS

Free nicotine replacement therapy products (patches or gum) if you qualify.

QUIT GUIDE

You receive a quit book that helps you stick with your personalized Quitting Plan.

Go to in.gov/health/tpc for more information on resources, grants and Indiana's Tobacco Control Program.

Considerations



Figure 1. Age-adjusted Lung Cancer Incidence and Mortality Rates in Indiana, by Race and Sex, 2013-2017*

*Age-adjusted to the US 2000 Standard Population.

Source: Indiana State Cancer Registry

Disparities between lung cancer incidence and mortality rates exist between genders and races.

In Indiana, during 2013-2017, white and African American males had significantly higher incidence and mortality rates when compared to females of the same race.

In addition, African American males had higher mortality rates when compared to white males (Figure 1).

Lung cancer can be caused by many risk factors other than smoking cigarettes. These risk factors include exposure to other people's smoke (called secondhand smoke), radon, air pollution, a family history of lung cancer, and asbestos.

In the United States, about 10% to 20% of lung cancers, or 20,000 to 40,000 lung cancers each year, happen in people who never smoked or smoked fewer than 100 cigarettes in their lifetime.⁴

Radon is the second leading cause of lung cancer after cigarette smoking.

When you breathe in radon, radioactive particles from radon gas can get trapped in your lungs. Over time, these radioactive particles increase the risk of lung cancer. It may take years before health problems appear.⁴

Having your home tested is the only effective way to determine whether you and your family are at risk of high radon exposure.⁴

The Lead & Healthy Homes Division (LHHD) at the Indiana Department of Health has the responsibility of licensing radon testers and mitigators in the State of Indiana, and providing the public of Indiana information about radon and its effects. For testing guides and links to resources, go to in.gov/health and search *radon*.

4. <https://www.cdc.gov/cancer/lung/nonsmokers/index.htm>

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

2 North Meridian Street • Indianapolis, Indiana 46204 • 317-233-1325 • in.gov/health

